

1 Before going to sleep, write down 3 things you have really appreciated from the day today.

2 Walk for 10 minutes today, without looking at your phone, focused on your surroundings.

3 Without any judgment or criticism, count how many times your mind gets distracted today.

4 Every time your phone vibrates or pings today, pause and follow one breath before looking at it.

5 Brush your teeth with your non-dominant hand today to help encourage attention.

6 De-clutter part of your house or office today, helping the mind to feel calmer and clearer.

7 Drink a mindful cup of tea or coffee today, free from other distractions, focused on taste and smell.

8 Move email and social media apps to the second page of your phone today.

9 Notice the sensation as you change posture today from standing to sitting or sitting to standing.

10 Without forcing it, ask someone how they are today and listen to the reply free from opinion.

11 Commit to no screen time for 2 hours before bed today, other than playing the sleep exercise.

12 Pause for 60 seconds to follow the breath each time you enter and exit the car/bus/train today.

13 Sit down and listen to a favorite song or piece of music today, whilst doing nothing else at all.

14 Take 5 x 2 minute breaks today and simply follow the breath, as you do in your meditation.

15 Rather than text someone today, call them instead and have a proper conversation.

16 Check the kids sleeping before going to bed today and follow three of their deep breaths.

17 Reset your posture each time you sit down today, gently straightening the back.

18 Give heartfelt thanks to someone today who has recently helped you in some way.

19 Turn off all notifications on your phone today.

20 Eat one meal alone today, without any distractions at all, focusing just on the tastes and smells.

21 Take one full breath (both in and out) before pressing send on any email or social post today.

22 Commute without music today, just for one day, and see how much more you notice.

23 Buy someone a coffee/tea/cake today, for no reason, and without expectation of thanks.

24 Get some exercise today, without your phone, and focus on the physical sensations.

25 Take 3 x 30 minute breaks from the phone today, set a timer if you need to.

26 Take one square of chocolate today and allow it to melt in the mouth, enjoying without chewing.

27 Write a handwritten card/letter to a good friend you've not seen for a long time.

28 Do something playful, whatever makes you smile or laugh, at least one time today.

29 When you get to work, or arrive home today, pause and follow 10 breaths before entering.

30 Carry some loose change today and share it with people on the street who need it more.

# Days of Mindfulness

# 30

